



100% PURE CREATINE MONOHYDRATE

HELPS BUILD MUSCLE,
STRENGTH, MASS

FRUIT PUNCH

NATURALLY & ARTIFICIALLY FLAVORED
DIETARY SUPPLEMENT

NET WT. 16.5 OZ. (468 g)

Supplement Facts

Serving Size 1 Scoop (6 g)
Servings Per Container About 78

	Amount Per Serving	% Daily Value
Creatine Monohydrate	5 g	*

* Daily Value not established.

Other ingredients: Citric acid, maltodextrin, natural and artificial flavor, sucralose, FD&C Red 40.

Does not contain: Yeast, Wheat, Gluten, Sugar, Salt, Soy, Starch, Dairy, Citrus, Fish, Animal Derivatives, Preservatives.

Creatine monohydrate may help to improve muscle performance during high intensity exercise and training such as weight lifting, running and other intense activity.

As with any dietary product, to receive the desired benefits, this product should be used in conjunction with a well-balanced diet and exercise program. If you have a medical condition, consult your healthcare professional before beginning such a program.

DIRECTIONS: As a dietary supplement, mix one (1) scoop (6 g) with 8-12 oz. of water and consume immediately.

Loading Phase: Days 1-5: Mix one (1) scoop (6 g) in 8-12 oz. of water or juice and take four (4) times daily.

Maintenance Phase: Day 6 and beyond: Mix one scoop (6 g) in 8-12 oz. of water or juice and take daily.

WARNING: Not to be taken by pregnant or nursing women or children. People at risk for renal disorders, particularly diabetics, should consult their physician prior to use.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Distributed by Vitamin Shoppe, Inc.
Secaucus, NJ 07094

Visit www.bodytech.com or call 1-800-223-1216
for more information and to reorder.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is
broken or missing.

Item No.
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